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Vancouver metro

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$1 MILLION SHORT OF A HOUSE

A few hundred people attended an affordable housing rally at the Vancouver Art Gallery on Sunday to call on the government to make affordable housing a priority, especially for young people and families. See metroNEWS. EMILY JACKSON/METRO

Man falls to his death during rave

FATALITY

Tumble from Stanley Park cliffs appears accidental

Neal Hall
Metro | Vancouver

Vancouver police are investigating the death of a 23-year-old man who died early Sunday in Stanley Park after he fell down the cliffs near Siwash Rock.

It is believed the man was attending a rave party in a secluded area of the park along Merilees Trail above Siwash Rock when he fell, police said.

Paramedics and police were called at 4:20 a.m. Sunday about a body on the seawall near Siwash Rock.

It is believed that about 200 people were at the rave during its peak, said Vancouver police Const. Brian Montague, and it appears the man's death is accidental.

He said investigators are continuing to identify and speak to witnesses and they will work closely with the B.C. Coroners Service to determine cause of death and whether drugs or alcohol may have been factors.

Anyone who witnessed the incident and has not yet spoken to investigators is asked to call police.

Police believe Sunday's rave was illegal and organizers had no permit to hold the all-night event in Stanley Park.

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metro NEWS
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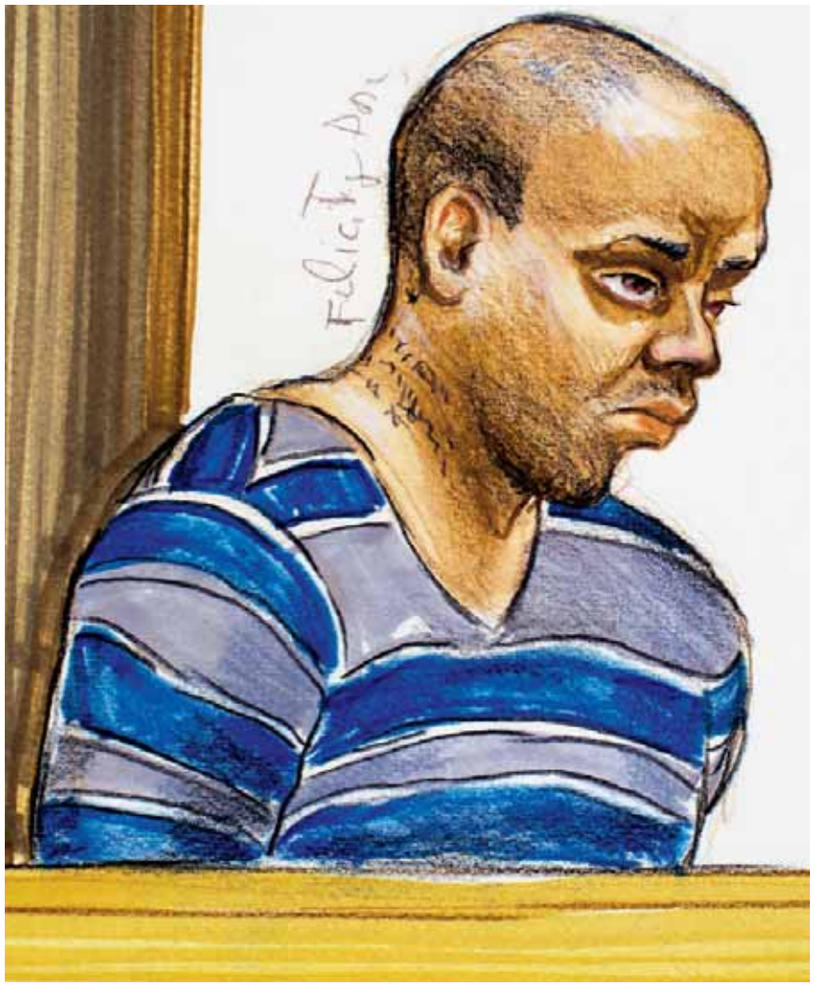
A Beautiful Mind mathematician dies in car crash. **World**

Twelve years for killing woman



In this artist's sketch, Yosef Gopaul appears in provincial court in Surrey, B.C., on Friday.
FELICITY DON/THE CANADIAN PRESS

CRIME

Yosef Gopaul pleads guilty to manslaughter and robbery

The family of a British Columbia woman whose motto was "money isn't worth dying for" wept as a 28-year-old man was sentenced for manslaughter after blindsiding her with a rock to the head outside a neighbourhood ice arena.

Provincial court heard Yosef Gopaul intended to snatch Julie Paskall's purse in Surrey on Dec. 29, 2013, as she waited to pick up her 16-year-old son after he'd refereed at a minor hockey game.

The 53-year-old woman died in hospital two days later.

Yosef was charged with second-degree murder but pleaded guilty to the lesser charge on Friday, when he was handed a combined 12-year prison sentence for her death and a robbery at a bus stop two weeks earlier.

Details of Paskall's death, which sparked terror in the community, were revealed in an agreed statement of facts.

Paskall's relatives then took turns tearfully describing the impact of her death.

"Mr. Gopaul, when you attacked my wife you took away the thread that held our family together," said Al Paskall.

His daughter Rhiannon, who has cerebral palsy, said her mother helped her learn to walk, talk and believe in herself despite her disability.

"My mom was truly my best friend in the entire world," said the 29-year-old, the eldest of three children. "I would give anything to have a cup of tea with her and play a game of Scrabble while listening to Fleetwood Mac."

A cousin and a sister-in-law both said the slight woman often lectured family members to just hand over their purse if they were ever held up.

But court heard Paskall had no opportunity to submit when she was struck by Gopaul, who was "desperate" for money.

"I'm sorry for the pain I caused," Gopaul told court.

"I never thought in a million years the blood of someone would be on my hands," he said.

"I did not know her, but what I assume is she was a great wife, mother and friend. I know you most probably hate me, but I just have to let you know how truly sorry I am."

> **"Mr. Gopaul, when you attacked my wife you took away the thread that held our family together.**
> Al Paskall

Gopaul said he'll be seeking rehabilitation in prison, and pledged to earn his high school diploma.

"Maybe even somehow, who knows, I may be able to help kids who struggle with anger and aggression, maybe be a better person and stop the cycle of crime."

An agreed statement of facts states Gopaul did not intend to kill Paskall.

"When asked how hard he threw the rock at Mrs. Paskall, he said, 'Hard enough to knock her out,' which is all he wanted to do,"' the statement reads.

With the time Gopaul has already spent behind bars awaiting trial, he'll serve about 10-1/2 years.

An autopsy showed Paskall died of cardiac arrhythmia after she was hit once and fell hard onto the pavement. She was vulnerable because she had a heart disease.

A rock the size of a grapefruit was discovered near her body. DNA from Paskall and an unknown man was discovered on the rock.

That DNA prompted a police operation that led to Gopaul, who confessed both crimes to an undercover officer.

"It was a huge event in the community and people continue to feel the effects of the fear that was caused by Mr. Gopaul's actions," said Crown lawyer Wendy Stephen.

Court heard Gopaul has 29 criminal convictions going back to age 16 and that six of those were violent crimes.

His lawyer said Gopaul was traumatized at age seven when his mother jumped from an 11th-storey window to escape a rape by three men in an Ottawa apartment building. He moved to Surrey from Ontario just eight weeks before attacking Paskall and was arrested in May last year.

THE CANADIAN PRESS

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CACHE CREEK

Residents flee after violent floods

The mayor of a B.C. village has declared a state of emergency and ordered dozens of residents to leave their homes after a violent storm tore through the Interior, leaving a trail of flooding and destruction in its wake.

It could be weeks or even months before some residents are allowed back, said Cache Creek Mayor John Ranta on Sunday.

As of Sunday night, about 40 residents had been ordered to evacuate in the village of about 1,000 located 80 kilometres west of Kamloops. Another 80 are on evacuation alert.

"We'll do our best to ensure that they're allowed back as quickly as possible," Ranta said.

The order to evacuate will keep people away until crews are able to assess the stability of the slopes above residences that are deemed at risk.

As of Sunday afternoon, about 50 homes had been abandoned and nearly 100 people had registered at the emergency operations centre, said Ranta.

Rainfall levels had topped 26 millimetres in one hour on Saturday, sending detritus-strewn mud and water pouring through the community's streets and shutting down two highways.

Ranta said he was in his car when the storm began after 4 p.m. on Saturday, and that by 6:30 p.m. the village was devastated. "It was raining just like you can't describe — rain combined with hail, coming down like the sky was falling." THE CANADIAN PRESS

Hundreds rally for affordable housing

REAL ESTATE

Vancouverites protested speculation, vacant homes

Emily Jackson
Metro | Vancouver

Brandon and Cheyenne Williams would love to raise their five-month-old Sydney in the Commercial Drive neighbourhood where they live near family and friends, but housing costs pushed them to buy in Maple Ridge.

"I'm not looking forward to moving out of here," Williams said Sunday at an affordable housing rally at the Vancouver Art Gallery — the first rally he's ever felt compelled to attend now that he's faced with leaving the city he loves.

He wants to see some sort of tax to discourage people from parking money in homes and leaving them empty when there are families who would love to live there, Williams said.

His sentiments were echoed by a few hundred people at the busy rally, organized by Eveline Xia, who started the viral Twitter campaign #DontHave1million to raise awareness to how difficult it is for young people to stay in a city where the average single-family home costs more than $1 million.

Cheyenne and Brandon Williams and their five-month-old daughter attend a rally at the Vancouver Art Gallery. EMILY JACKSON/METRO

As people waived signs stating, "Where have all the families gone?" Xia called on all three levels of government to help locals stay as prices increase at "a pace that defies reason."

She also condemned the racist comments mostly directed at Chinese people that have cropped up in the foreign ownership tax debate.

The rally called on the government to rejig the property transfer tax to favour residents and first time buyers, to tax speculation no matter where a person comes from and to collect data on foreign ownership to see how much it actually affects the market.

If governments want people to embrace the condo lifestyle, Xia said the city should at the very least force developers to make them large enough for families.

"We don't need any more bachelor pads," she said to loud applause.

Saeid Fard, a local entrepreneur, addressed how difficult it is to keep and recruit talented young people to the tech sector due to the high real-estate costs.

"Vancouver is now an asset class like gold or petroleum and people want to invest here," he said. "It's like we forgot what the point of a home is — it's a place to live in, not a place to get rich."

PROPOSAL

Condo king comes down on speculation

Condo king Bob Rennie believes real estate speculation, not foreign ownership, should be taxed to boost affordability — and politicians appear to be listening.

Hours after Rennie floated the idea at an address to developers on Friday, Mayor Gregor Robertson endorsed the idea of such a tax.

"I'm really happy he picked up the baton. It is our political leaders that should be doing this," Rennie said in an interview Sunday, adding he hadn't previously discussed the idea with the city.

Rennie, who donates to Vision Vancouver, is also the chair of fundraising for the B.C. Liberals. He confirmed he sent his speech to Premier Christy Clark's office. While Clark has previously rejected the idea of a foreign ownership tax, she has not yet weighed in on a speculation tax.

Rennie's suggested tax would hit people flipping homes. He says he entered the debate because he didn't like the racist undertones, especially towards Chinese people, in the conversation around foreign investors. Research from five of his more controversial developments found that foreigners made up just 3.3 per cent of buyers, he said. And he doesn't care if people think he's just trying to sell more condos.

"What affects affordability is speculation," he said. "If I wanted more business, this isn't a way to get it." EMILY JACKSON/METRO

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TransLink CEO Doug Allen apologized Friday for a significant SkyTrain service disruption. THANDI FLETCHER/METRO

TransLink apologizes

TRANSIT

Disruption caused by 'freak incident': CEO

Thandi Fletcher
Metro | Vancouver

TransLink is now looking for a way to make it up to passengers after a 12-hour SkyTrain shutdown caused chaos for thousands of Metro Vancouver commuters Friday.

TransLink's interim CEO Doug Allen apologized to transit users for the major service disruption that began around 11 p.m. Thursday and halted all service between Waterfront and Joyce stations until noon Friday.

"A lot of our customers were disrupted. Their service was disrupted and ... I want to apologize to all of them," Allen said. "Their time is priceless. We understand that."

Allen made transit free all of Friday and said TransLink will also offer reimbursement for ticket holders and will "work out an arrangement" to compensate monthly pass holders.

He described the service disruption as a "freak incident" caused by a fire that was ignited when a spark produced by a grinder that a worker was using for routine track maintenance caused a bird's nest to become engulfed in flames under the guideway about 150 metres east of the Main Street-Science World SkyTrain station.

"It's a very unfortunate, very unusual — really a freak incident — but these things happen," he said. "I'm just thankful that people responded extremely well to this."

Asked if TransLink's contingency plan was adequate for dealing with the disruption, Allen said 33 extra buses were put into service — almost three times more than have been on the road during previous disruptions.

"It was a big, big response," he said.

"It's never enough when you've got an issue like this but I think it's one of the biggest responses we've ever had."

Still, many transit users expressed annoyance with the lengthy delays and heavy crowding on buses during the Friday morning commute.

Anne MacKenzie was trying to get to Main Street and 49th Avenue late Friday morning and was hoping to take the SkyTrain and then the bus, which she quickly realized "was a mistake."

IN BRIEF

Oil spill could cost city's economy $1.2 billion

Vancouver's economy could suffer a $1.2-billion blow in case of a major oil spill caused by Kinder Morgan's Trans Mountain pipeline expansion, concludes a new report released by the city.

The report examined the potential economic costs of a 16-million litre spill in Burrard Inlet.

Researchers looked at the performance of five ocean-dependent activities including commercial fishing, port activities, inner harbour transportation, tourism and recreation.

The report found that these activities directly employ four per cent of the city's population and contribute more than $3 billion in gross domestic product to Vancouver's economy every year. THE CANADIAN PRESS

LAW SOCIETY

Father of MP fined for misconduct

Charles Albas, a Penticton lawyer who is the father of Okanagan-Coquihalla MP Dan Albas, has been fined $7,000 by the Law Society of B.C. for preparing wills for a client that named the lawyer and his wife as beneficiaries.

After being cited for improper handling of preparing the wills for the client, Charles Albas admitted his professional misconduct and also consented to pay the Law Society costs of $1,736.

"There is no evidence that he exerted pressure on his client or that the proposed gift to himself was anything other than her true testamentary wishes," the Law Society said in its recent disciplinary decision.

The Law Society found that Charles Albas had known his client FC for many years and had handled her husband's estate after the man died in 2007.

In February 2008, FC instructed Albas to revise her will so that one-half of her estate would be left to the Shriners' Hospital and the remainder would be left to Albas, who prepared the will, which was witnessed by Albas' legal assistant and receptionist.

In 2013, Albas noticed the Law Society's new Code of Professional Conduct prevented a lawyer from preparing a will in which he would be the beneficiary.

Albas contacted FC and advised her that she would have to do a new will with a new lawyer.

FC advised that if a gift to Albas created a problem, she would leave her estate to Albas' wife instead.

FC was committed under the Mental Health Act in July 2013. Albas wrote a letter to the hospital, resulting in her release.

FC retained a new lawyer in September 2013, who wrote a letter to Albas, demanding that he cease any further contact or communication with FC. NEAL HALL/METRO

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‘A new chapter in the story of Alberta’

POLITICS

NDP Leader Rachel Notley sworn in as premier

Rachel Notley is applauded on Sunday, after being sworn in as Alberta premier in Edmonton. JASON FRANSON/THE CANADIAN PRESS

NDP Leader Rachel Notley ushered in Alberta’s first change of government in almost 44 years Sunday, being sworn in on the steps of the legislature as the 17th premier.

“Welcome to the first day of Alberta’s new government,” Notley told the cheering crowd under bright afternoon sunshine. “Today we open up a new chapter in the story of Alberta.”

The other 11 members of Notley’s new cabinet were also sworn in.

Former Calgary alderman Joe Ceci is the new finance minister. Former teacher and school administrator Margaret McCuaig-Boyd is the new minister of energy. Former NDP leader Brian Mason is the new minister of infrastructure and transportation.

The ceremony officially brought to a close 43 years, eight months, and 15 days of Progressive Conservative rule, dating back to Sept. 10, 1971.

It is the longest stretch of power by one party in Canadian history.

Notley’s team made its own history on May 5, capturing 54 of 87 legislature seats to dethrone the Tories under leader Jim Prentice.

It’s the first NDP government in Alberta, and Notley becomes Alberta’s second female premier after former Tory leader Alison Redford. It is also a passing of the torch.

Notley’s father, Grant Notley, was the leader of Alberta’s NDP during lean years for the party in the 1970s and early 80s. He died in a plane crash in 1984, just two years before the NDP made an historic breakthrough, winning 16 seats and forming official Opposition in 1986.

For Alberta, it’s the first time in over a year a premier is governing with a province-wide mandate. THE CANADIAN PRESS

+ CONTROVERSY

The Alberta NDP also ejected rookie Calgary Bow member Deborah Drever following the circulation of a series of questionable photos, including one deemed homophobic by the party. Drever, 26, will sit as an Independent.

BINGO

Under the B, bad business in Quebec

A woman sits among empty tables at a bingo hall on May 13 in Montreal. THE CANADIAN PRESS

Jean-Marc Crete sits attentively on his platform, mike in left hand, the potential winning ball freshly released from a constantly buzzing machine that provides the soundtrack to the Montreal bingo game.

He picks up the little yellow plastic ball and delivers a monotone, bilingual announcement.

“O soixante-sept; O sixty-seven,” Crete calls, gently slotting the ball in a socket on a console that also acts as his desk.

The players, mostly over 60, follow his every call, methodically pressing their daubers on their papers, releasing a small amount of translucent gooey liquid onto the right number.

Crete, who’s about to hit 61, says he believes “everyone has a little bit of a gambling bug.”

But for years, young people who caught the bug have been getting their fix elsewhere.

The remaining 50 or so bingo halls in Quebec are losing millions of dollars every year as their traditional clients die off and are not replaced.

The Quebec government, which regulates the game strictly, has for years tried to revive the seemingly moribund industry but profits have continued to slide.

The golden age of bingo in Quebec was in the 1960s and ’70s, after the province’s Quiet Revolution reduced the influence of the Roman Catholic Church. Today it’s not unusual for players to win hundreds or thousands of dollars in one night, but the chance of winning big is still not enough to attract young people to the game.

In an era of short attention spans and competition from all sorts of digital-based gambling offerings, traditional bingo seems archaic and quaint.

THE CANADIAN PRESS

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WEATHER RAINS CAUSE FLOODING, RESCUES, EVACUATIONS IN TEXAS, OKLAHOMA
Highway patrolmen rescue Justin Nimmo, left, from his business, just in time, after flooding caused by rising water from Saturday night's storms trapped him in the store on Sunday in Purcell, Okla. Up to 25 centimetres of rain fell over 24 hours in parts of Texas, prompting numerous evacuations and rescues overnight and into Sunday, while a firefighter in northeast Oklahoma died after being swept away in floodwaters. STEVE SISNEY/THE OKLAHOMAN/THE ASSOCIATED PRESS

A BEAUTIFUL MIND

John Nash, wife killed in crash

John Forbes Nash Jr., a mathematical genius whose struggle with schizophrenia was chronicled in the 2001 movie A Beautiful Mind, has died along with his wife in a car crash on the New Jersey Turnpike. He was 86.

Nash and Alicia Nash, 82, of Princeton Township, were killed in a taxi crash Saturday, state police said. A colleague who had received an award with Nash in Norway earlier in the week said they had just flown home and the couple had taken a cab home from the airport.

Russell Crowe, who portrayed Nash in A Beautiful Mind, tweeted that he was "stunned."

"An amazing partnership," he wrote. "Beautiful minds, beautiful hearts." THE ASSOCIATED PRESS

Gay couples awake to a new Ireland

HISTORIC VOTE

Marriage bill to be drafted this week

Gay couples of Ireland woke up Sunday in what felt like a nation reborn, with dreams of wedding plans dancing in their heads.

This new reality was sinking in after the Irish people voted with a surprisingly strong 62 per cent "yes" to enshrine the right to gay marriage in the country's conservative 1937 constitution. Thousands of revellers of all sexual identities celebrated until dawn after the result was announced Saturday night.

The Justice Department confirmed Sunday it plans to draft a marriage bill this week that will permit those taking vows in civil ceremonies to choose either to be "husband and wife" or "spouses of each other." It will ensure that no church is required to perform a gay marriage, a key demand of the dominant Catholic Church and also the main Protestant and Muslim communities in Ireland.

Deputy Prime Minister Joan Burton said she expects the bill to become law by early July. Because existing law requires a minimum three-month notice for any civil marriages, the first gay weddings cannot happen until the fall.

For Sen. Katherine Zappone and Ann Louise Gilligan, their day has nearly come. Since 2003 they have fought for legal recognition of their Canadian marriage, suffering setbacks and delays as they sued the state all the way to the Supreme Court.

"For so long, I've been having to dig in my heels and say ... Well, we *are* married. I'm a married woman!" said Zappone, a Seattle native who settled with her Irish spouse in Dublin three decades ago.

"We are now entering a new Ireland," said Gilligan, a former nun.

Zappone and Gilligan thrilled a crowd of thousands of rainbow flag-waving revellers Saturday at the results centre at Dublin Castle with a playful promise to renew their vows. Zappone dramatically broke off from a live TV interview, stared directly into the camera, and asked Gilligan to marry her all over again.

"I said yes to Katherine 12 years ago at our marriage in Canada," Gilligan, nearby, shouted to the crowd. "And now we are bringing the 'yes' back home to Ireland, our country of Ireland! Yes, yes, yes!" THE ASSOCIATED PRESS

> **"There aren't that many moments in life where you are surrounded with an exuberance of joy. These are rare moments."**
> Ann Louise Gilligan

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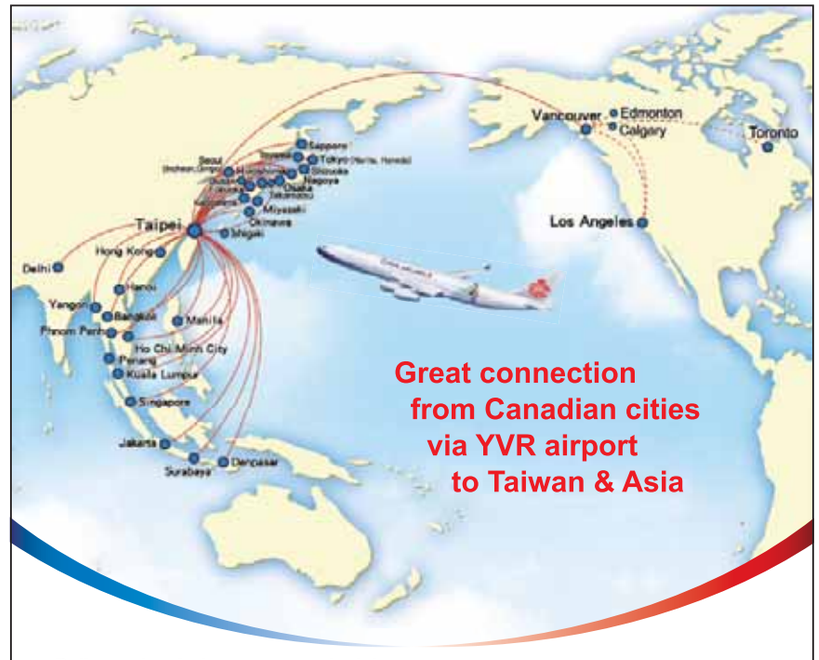

Daily service during summer schedule

ROUTING	FLT No.	DEPT	ARRL	FLT No.	DEPT	ARRL
YYC-YVR-TPE	CI9315	23:15	23:41	CI 031	02:00	06:05
YEG-YVR-TPE	CI9317	21:15	21:48	CI 031	02:00	06:05
YYZ-YVR-TPE	CI9313	22:00	00:02	CI 031	02:00	06:05
YVR-LAX-TPE	CI9321	16:25	19:13	CI 007	01:05	06:00
YYC-LAX-TPE	CI9318	19:20	21:28	CI 007	01:05	06:00

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Phone gripes top of CRTC list

TELECOMMUNICATIONS

Many wrote to watchdog about billing issues

Wireless carriers automatically renewing customers' contracts without their consent; clients being kept on hold for hours while trying to cancel their services; mysterious charges from unknown third parties popping up on customers' phone bills: These were some of the most commonly cited allegations in hundreds of complaints lodged by consumers with the CRTC about telecom companies between January and August of 2013 obtained via Access to Information legislation.

A few of the appeals are heart-wrenching. One complainant alleges Bell wouldn't stop harassing him about his deceased wife's account, even though he had paid it off.

"Losing my wife of 45 years was hard enough, but dealing with ineptitude like this makes it even harder," he wrote.

A man checks his smartphone in Vancouver. Consumers lodged hundreds of complaints against telecom companies between January and August of 2013. THE CANADIAN PRESS FILE

Another wrote to the CRTC in desperation, accusing Bell of shutting off service for an "unknown reason" and that five calls to the company had failed to resolve the problem.

"Please please help me," the complainant wrote. "I'm 77 years old and just lost my wife and I need my phone and Bell won't fix the error that they caused."

"I'm 77 years old and just lost my wife and I need my phone."
One complainant to CRTC

In its response letter to the CRTC, Bell said it had accidentally disconnected the customer's phone line a week earlier than requested but restored service a few days later.

BCE Inc., Rogers Communications Inc. and Telus Corp. say the number of complaints filed about telecom companies has been steadily declining as all three companies have worked to improve customer service.

Ottawa has introduced a number of regulations in recent years to address some of the issues contained in the complaints.

An annual report from the complaints commissioner suggests the measures are having an effect.

The commissioner accepted 11,340 complaints by the end of 2014 — down 17 per cent from the previous year.

Roughly 32 per cent — or 3,651 complaints — were about Bell, down nearly seven per cent from the previous year. Rogers and its discount brand, Fido, came in second with 3,284 complaints, a decline of about 31.5 per cent.

Telus received 653 complaints, roughly six per cent of the total and a decline of about 26 per cent.

THE CANADIAN PRESS

ODD GROUSES

No answer on Halloween: One person alleges Bell cut off his phone instead of renewing the contract the night of Halloween, leaving him out of touch with his girlfriend, who was trying to reach him.

Flipping the bird: Another person alleges when he told a Telus truck to slow down in his neighbourhood, he was given the finger; a client rep he spoke to laughed at him.

Blowing the horn: A complainant whose service was interrupted while workers were installing equipment alleges Telus said restoration would take weeks. The complainant looks after a young woman with multiple sclerosis who "has been using an air horn to get our attention ... We need our phone back."

THE CANADIAN PRESS

IN BRIEF

Canada-Japan trade talks stall, internal memo shows

Japan is dragging its heels on a date for the eighth round of bilateral trade talks with Canada because the Asian country has lost interest, according to an internal memo from the Department of Foreign Affairs, Trade and Development.

The memo says Japan is more interested in the ongoing 12-country Trans-Pacific Partnership talks with its neighbours as well as Canada, the U.S., Mexico and Australia.

Prime Minister Stephen Harper has positioned his government as ardent free traders and has made the deepening of trade and investment in Asia a key economic priority.

THE CANADIAN PRESS

CANADA-U.S. CARGO TRANSPORTATION

Group looking at driverless trucks

Trucks hauling cargo from Canada through the United States to Mexico and back navigate border crossings without the need for passports, visas or even a driver to steer them.

It's an idea that's not too far-fetched, says a group that met in North Dakota last week.

Marlo Anderson with the Central North American Trade Corridor Association says members are working to turn the idea into reality.

The plan is for an autonomous vehicle corridor along Route 83, which runs north-south through Texas, Oklahoma, Kansas, Nebraska, South Dakota and North Dakota. The road then continues into Manitoba. A study into the feasibility of the project is being planned and Anderson says the group wants to travel to communities along the corridor to gain support.

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metro VIEWS
Your essential daily news
Monday, May 25, 2015

#MYMETRO

Mark Dowdell, Edmonton

What are you up to?
I walked over from my office at Atco Gas, a few blocks away, to have lunch on the square.
What is your commute?
I drive. My commute is less than 15 minutes from Forest Heights to downtown. I'd be tempted to ride my bike if I didn't have to pick up my son from daycare.
Where should someone new to the city visit?
Definitely the River Valley. That's why I live where I do. I use it all the time to bike or run.
What are you binge-watching or reading right now?
I have a young child, so no time to binge-watch. But I did catch up on several episodes of Mad Men before the finale.

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.

No excuses, but many reasons, we waste food

CITY HOLLER
Trish Kelly

How many times has it happened to you? You open up the crisper drawer and find wilted things you meant to eat, now too cruddy even for a soup? It's a shocking fact that 40 per cent of the food produced in Canada is never actually eaten. Our regional government has crunched the numbers. Every day, the Vancouver region throws away 80,000 potatoes, 26,000 bananas, 70,000 cups of milk, and 32,000 loaves of bread. Every single day. How did we get so wasteful?

There are practical reasons that we waste food. Most often, we bought or made too much, or we just didn't get around to finishing it in time. My own chronic food waste boo-boo is going shopping without checking the fridge first. Back home, I unload my groceries and find slightly less appealing versions of my purchases waiting in the crisper. After my palm-to-forehead gesture of regret, I have to decide whether to toss old stuff.

It seems wasting is so deeply built into our culture, we waste food simply because we can. Somehow, we've gotten into the habit of thinking plenty, and its resulting waste, are signs that we're doing well. From community feasts to home dinner parties, we feel we've failed our guests if the food runs out. Having too much is the mark of a good host.

It's also true that we waste because we don't know how to save food before it's too far gone. If you fall into that camp, governments and community members are hoping to help.

Earlier this month, Metro Vancouver launched Love Food Hate Waste, a three-year campaign to reduce avoidable food waste at home. It's modeled after a U.K. program of the same name that has been successful in changing behaviour and influencing government policy. The website is full of great tips on how to organize your fridge so your food stays fresh longer. It's a great start.

Jenny Rustemeyer, a B.C. filmmaker who lived on only "rescued food" for six months while she filmed Just Eat It: A Food Waste Story, is part of a group organizing Feeding the 5000 at the Vancouver Art Gallery. On Wednesday morning, North Shore Culinary School students and Chef Don Guthro will serve 5,000 free lunches made from rescued foods like overripe tomatoes and packaged foods coming close to their "best by" date.

We've gotten into the habit of thinking plenty, and its resulting waste, are signs we're doing well.

There will also be practical advice to reduce waste and activities for kids. If the event attendance doesn't hit 5,000, the Vancouver Food Bank will collect any leftovers. But let's not leave it to the food bank. Let's do lunch on the Vancouver Art Gallery lawn and all pledge to waste less food.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

"I will not strap on a stiff bra and pretend I don't have nipples."

I have nipples.

As does everyone. So why are we obsessed with hiding them?

Instagram clarified its nipple rule last week: They are a no-no, but breast-feeding is OK, as are mastectomy scars. Facebook is also anti-nip.

Not only do we censor bare-breasted women (in a country where going topless is legal), we pressure them to hide any trace of nipples under their shirts. The nipple hysteria is comically vast.

There are tabloid sightings of celebrity nipples beneath tops (last week it was Rihanna's). A Fox News affiliate recently blurred the nipples in a Picasso painting for its TV audience.

Pointy nipples cost Anne Hathaway brutal headlines at the 2013 Oscars. Jennifer Aniston's nipples have a Twitter handle a decade after the end of Friends. And one website offers up the "15 hottest actresses busted with erect nipples."

All these nipple naysayers are absurd. We allow cleavage, and the outlines of breasts and butts under clothes. But nipples? Gasp!

At work, or even strolling around the city, nipples seem not only rude but somehow naughty. As if nipples = sex.

Meanwhile, hard-nippled or bare-chested men cause no offence, even though, as my sister pointed out, "Women's nipples are at least used for a purpose."

I simply don't get it. They're only part of the natural shape of the breast. But even that has become vulgar.

We buy mass-market bras that create the taut symmetrical curve of a coconut, perched right under the chin. Any jiggle or droop is shamed. I'm sick of feeling like the only acceptable tit is the one that looks pasted on by a bad plastic surgeon.

And, I never thought I'd long for 2009, but that was when New York Magazine ran an article asking "Are Nipples 2009's Must-have Fashion Accessory?". That year, nipples starred on spring runways and Victoria Beckham let hers be perky, causing an uptick in nipple surgeries and the suggestion she was a "nipple role model."

I could use one of those.

Since my preteen years, I've felt like it's my job to hide them. But this summer, I will not be compressed or embarrassed. I will not strap on a stiff bra and pretend I don't have nipples just because clothing has gotten thinner with the season.

They're not indecent, and they're not there to be ogled.

I'm not some kind of nipple-free Barbie doll.

So, deal with it.

metro
Your essential daily news

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PHILOSOPHER CAT
by Jason Logan

Elizabeth Arden Introduces Prevage National Week May 23-29, 2015

HIGHS & LOWS

Tear factor
Several films got the crowds blubbering at this year's festival, especially the Amy Winehouse documentary Amy and the moving lesbian love affair at the heart of Carol.

Stiletto-gate
A social media storm erupted after reports that some women had been turned away from the red carpet for not wearing high heels.

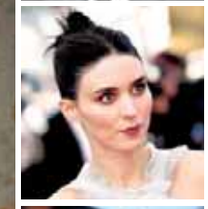
3D penis
The biggest crowds of the week were seen at the midnight showing of Love, a hyper-sexual 3D film which featured some wince-inducing closeups in director Gaspar Noe's tale of "blood, sperm and tears." Sadly, critics said the tears were mostly the result of boredom, not controversy.

McConnaissance stumble
The seemingly unstoppable "McConnaissance" hit its first obstacle when his new film The Sea of Trees received loud boos and open derision. The story of a man wandering in a Japanese forest where people commit suicide received a slew of one-star reviews. AFP

Curtains fall on Cannes

ON THE FRENCH RIVIERA

Dheepan wins top prize in another year of great films, terrible turkeys



French migrant drama Dheepan starring Antonythasan Jesuthasan captured the Palme d'Or at this year's Cannes, while Vincent Lindon won best actor and Rooney Mara and Emmanuelle Bercot shared the best actress prize. CONTRIBUTED; GETTY IMAGES

A French thriller spotlighting the plight of traumatized refugees building new lives captured the Palme d'Or top prize at the Cannes Film Festival on Sunday.

As countries around the world grapple with an influx of people fleeing global crises, a jury led by Hollywood filmmakers Joel and Ethan Coen chose the gritty picture Dheepan, about Sri Lankan asylum seekers by acclaimed French director Jacques Audiard, among 19 international contenders.

"To receive a prize from the Coen brothers is something pretty exceptional," Audiard said, clutching the trophy.

"I'm very touched," he said.

Audiard, a Cannes favourite, specializes in films about broken people looking for fresh starts, as in critical triumphs such as A Prophet, Rust and Bone and The Beat That My Heart Skipped.

In Dheepan, novelist and former child soldier Antonythasan Jesuthasan plays an ex-Tamil Tiger fighter escaping Sri Lanka's brutal civil war. He and two strangers — a woman and a nine-year-old girl — pretend to be a family to make it to France on fake passports.

Once they arrive in a rough housing estate on the outskirts of Paris, the makeshift family begins to bond and Dheepan must use his battlefield experience to keep the three of them safe from drug gangs waging a turf war.

Antonythasan himself fought for the Tamil Tigers from the age of 16 before making it in 1993 on a fake passport to France, where he was granted political asylum.

Audiard, who spoke to his actors through an interpreter on set, told reporters during the festival that he "couldn't have placed Sri Lanka on a map" when he started working on the screenplay.

He had rather sought "to approach a love story from a completely different angle" and offer a portrait of his country from the perspective of outsiders looking in.

Other winners

The harrowing Holocaust drama Son of Saul by Hungarian newcomer Laszlo Nemes, offering unflinching depictions of the gas chambers of Auschwitz, claimed the Grand Prize, runner-up for best picture.

"This continent is still haunted by this subject," Nemes said.

And The Lobster, a surreal, pitch-black comedy about modern love by Greece's Yorgos Lanthimos and starring Colin Farrell and Rachel Weisz, bagged the third-place Jury Prize.

Best director honours went to Taiwan's Hou Hsiao-Hsien for the visually lush, slow-burn martial arts film The Assassin.

The nine-member panel handed the best-actress trophy to two winners: U.S. star Rooney Mara for the lesbian love story Carol, which also stars Cate Blanchett; and France's Emmanuelle Bercot, in the doomed romance Mon roi (My King) by fellow actress-turned-filmmaker Maiwenn.

In a strong night for the host country, France's Vincent Lindon won best actor for his moving turn as a job-seeker standing up for his dignity in The Measure of a Man.

Mexican director Michel Franco clinched best screenplay for Chronic starring British actor Tim Roth as a nurse caring for dying patients. AFP

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HUDSON'S BAY

House prices continue to soar in Vancouver to $1.27 million average price...Who Cares?

As housing prices continue to rise in Vancouver, this Canadian Real Estate Millionaire wants to share his new way for creating passive income through real estate with you. He'll even let you use his investment fund to finance up to 95% of your income property!

Real Estate Investors looking for apprentice to partner on deals, no experience necessary…

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- How to sell US properties lighting fast – when no one else can.
- How to access up to 95% in funding for your income property EVEN if you are deep in debt. And...
- How to earn big checks even if you never sell your US investment!

Once you start using his system, the profits and passive income are amazing. It's simple to do, and it happens fast when you know his "insider" secrets. And you don't have to quit your job – but you may decide you want to!

- You don't need to open an expensive office.
- You don't need a real estate license.
- You don't need to spend a lot of time to start.
- You don't even need to travel to the US – but you may want to spend some time in the sun visiting your money-making properties!

And if you have ever wanted to explore Real Estate Investing but you were concerned by the soaring house prices in Vancouver, you're going to love this FREE training. This Mystery Multi-Millionaire's system lets you get profit-generating properties – in major US tourist areas – for less than 5% down!

This event deserves your attention, and here are just a few more reasons why you need to come to this event:

- Many parts of the US have not fully recovered from their recession, it is time to seize those opportunities now!
- Sometimes it isn't what you know, it's who you know – and when you know this Multi-Millionaire you'll also have access to his network of people and funds that can help you succeed in real estate.
- You care about your family, and you want the best for them. This event will open your eyes to all you can really do for the people you love when you are finally the master of your financial success.
- His strategies are for everyone, even if you have absolutely no experience in buying or selling properties.

He has already shown hundreds of people just like you the ways to invest successfully in real estate and his students' success just makes his success even greater. He's breaking his back to share his system with Canadians just like you because it works – and it can work for you.

This will be the best 2 hours of your life, but you have to register to get your seat at this event. Let this Multi-Millionaire give you his step-by-step system for real estate success. Claim your seat now and get a bonus gift, your **Million Dollar Investor Tool Kit for FREE! (A $187.00 value).**

You're asking – who is this Multi- Millionaire, and why does he want to help me? He can tell you himself...

If you're working hard these days without enough to show for it, I understand. I used to work hard myself – the 18-hour days – the 7-day weeks. I was a struggling musician – a concert pianist – trying to provide for my 4 kids in Montreal. I got married at 18 and had those 4 kids by the time I was 23, and I wound up a stay-at-home dad (not by choice!). But I never made real money until I discovered the secrets of investing successfully in US real estate – and then I was able to work a lot less.

Once my friends saw how well I was doing, they all wanted to get involved. It's funny – for 6 long struggling years, I had no friends, I was the crazy "black sheep" of the family who always needed to get a REAL job, and suddenly, they were all asking ME for advice!

I'm a national expert in the field of income-generating properties in the United States, and a Multi-Millionaire as well – and now I want to help the people rise above the real estate bust!

"I will make more money this year than I have made over the last five years. After attending this free training, I've found 7 properties and that's a total of 14 doors that will give me $8,000 per month after expenses."
— Dianan D., Ottawa, ON

"I failed at Real Estate by myself, but with this amazing multi-millionaire's help I'm closing on 6 properties and I will have a net cash flow of over $6,000 per month."
— Steeve R., Montreal, QC

"I bought my first house for $170,000 and now it's up for sale for over $220,000. I will make almost $50,000 when it closes."
— Lana, Montreal, QC

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A home-buying reality check

BUDGETING

Interest, taxes and insurance can cost much more than rent

I have a young friend whom we will call Meg who is 23, has a great job, and is thinking of buying her first home. She came over for tea to run the plan past me.

She and her boyfriend, Jackson, will move into the home together. They've already saved a down payment of $25,000. Meg's take-home pay is $4,000 a month net. Jackson's is $2,000.

While the bank says they will qualify for up to a $300,000 mortgage, Meg and Jackson think that's too much debt. They're thinking of buying a $250,000 home. (No, they're not in a major city, so property values aren't as high.)

We ran some numbers and built some scenarios to see what we would see.

First up, CHMC mortgage insurance: If you put less than 20 per cent down on a home, you'll have to buy insurance from CMHC so that if you can't make the payments the bank is off the hook for the loss. The premiums for mortgage insurance are calculated as a percentage of the loan and depend on your down payment.

For Meg and Jackson buying a $250,000 home, amortized over 25 years with 10 per cent down, their premium would work out to $5,400. Hey, what's another $5,400 if that gets them into a new home lickety-split, right?

Well, actually, it won't be $5,400 if Meg and Jackson do what most people do and just roll that premium into their mortgage. Over the life of the mortgage at just five per cent for the total amortization, that premium will end up costing $9,421 when you add on the interest. To add insult to injury, if you default, the bank's butt is covered but CMHC will take you to court to recoup any losses they eat in the deal. So much for that premium you paid.

Next up was the "renting is a waste of money" question, which was why Meg and Jackson were so fired up about buying as soon as possible. Friends, family, the world had told them that renting is like flushing money down the toilet. Why would you waste money paying off someone else's property?

I took Meg to a mortgage calculator website to show her how much of your monthly mortgage payment would go to interest in those early years. We put in the mortgage amount (house price – down payment + mortgage insurance) of $230,400, at five per cent for five years with a 25-year amortization. The payment popped up: $1,340 a month. She smiled. That was completely manageable and she was thrilled.

But hang on now, said I, how much of that is actually going towards your principal? I pointed to the Term Interest Cost, which was a whopping $53,922.35. So of the $80,400 in payments Meg and Jackson would make on their mortgage in the first five years, 67 per cent or $899 a month would go straight to interest. Add on the cost of property taxes ($200/mo) and home insurance ($75/mo) and they're up to $1,174 a month in money spent that does nothing to pay off their new home. Hey, that looks like rent to me!

We also talked about all the costs associated with home buying that most people don't think about — costs like the appraisal fee, home inspection fee, land transfer fees, water/septic tests (if you're outside a major city), reimbursement of prepaid property taxes, costs to set up new accounts, and legal fees. This can be anywhere from 1.5-4 per cent of the price of the home you're buying. I told Meg she was probably looking at about $5,000 in closing costs.

In the end, Meg decided she and Jackson would rent for a couple of years, building up their down payment and stashing cash away for their closing costs so they wouldn't end up strapping their cash flow just when they were most likely to need to buy some new stuff.

If you don't own your own home in your 20s, you're not a failure. Home ownership used to be a goal in itself. Now it seems have turned into a stepping stone: buy a fixer-upper now, buy a bigger house in five years, then buy a monster home. People follow "the plan" without giving much thought to the costs.

I didn't buy my first home until I was 30 and I was making a crap load of money. Even then, when it came time to sign the paperwork, my hand shook. Actually, my whole body shook and I thought I was going to toss my cookies. That's how big a deal it was for me.

Home ownership should not be seen as a badge, something you measure yourself and others by. Home ownership is a lifestyle choice. Home ownership is great, if you do it right. Buy a home you can't afford, commit to payments that stress you out, and you'll rue it. Your home won't be something you can enjoy, it'll be an albatross around your neck.

That's the amount of your mortgage payment that can go straight to interest in the early years of home ownership, based on a five per cent rate for five years with a 25-year amortization. That equals to $899 per month on a house that costs $250,000.

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Robert De Niro at New York University's Tisch School of the Arts commencement ceremony. MARY ALTAFFER/THE ASSOCIATED PRESS

ARTS CAREERS

Choose passion over job guarantee: De Niro

Robert De Niro urged new graduates at New York University's Tisch School of the Arts on Friday to keep fighting to create careers in the arts even though it probably would have been easier if they had picked something more practical.

"The graduates in accounting? They all have jobs. Where does that leave you? Envious of those accountants? I doubt it. They had a choice. Maybe they were passionate about accounting, but I think it's more likely they used reason and logic and common sense to research a career," the two-time Academy Award winner said.

"But you didn't have that choice, did you? You discovered a talent, developed an ambition and recognized your passion. When you feel that, you can't fight it. Just go with it. When it comes to the arts, passion should always trump common sense."

De Niro, who quit high school to pursue an acting career, was the honoured speaker at the raucous ceremony for 1,200 graduates at The Theater at Madison Square Garden.

The actor's 15-minute speech was peppered with expletives as he warned that many in the audience — future directors, actors, producers, musicians, singers, dancers, choreographers, filmmakers, writers and photographers — faced a lifetime of rejection ahead. But he challenged them to keep going.

"Now that you've made your choice — or, rather, succumbed to it — your path is clear. Not easy, but clear. You have to keep working. It's that simple," said De Niro.

> **When it comes to the arts, passion should always trump common sense**
> Robert De Niro

The actor reminded the crowd that he auditioned seven times for the 1973 film Bang the Drum Slowly.

"I don't know exactly what they were looking for, but I'm glad I was there when they didn't find it," he said.

De Niro urged the new graduates to adopt as their mantra and battle cry: "Next!"

"You didn't get that part? Next! You'll get the next one or the next one after that," he said, closing his remarks this way: "I know you're going to make it. Break a leg. Next!"

THE ASSOCIATED PRESS

Give selfie a break, let pro snap vacay

SOCIAL MEDIA

Travel tour hires someone else to shoot #humblebrags for you

Here's an idea for compulsive selfie-takers who can't let a good photo op pass without pulling out the smartphone: a week-long vacation touring Nicaragua's Pacific coastline accompanied by a personal photographer to capture all the Kodak moments for them.

The intro for the seven-day trip to Nicaragua says it all: "Leave your selfie stick at home."

(For younger folk, Kodak was the 1990s equivalent of Instagram and Snapchat).

Instead of missing the humpback whale because they were typing a hashtag or uploading a photo, participants with El Camino Travel check their mobile devices at the hotel door and allow someone else to document the most memorable moments of the trip.

The objective? To allow participants to learn — or relearn — how to live in the moment and unplug.

Earlier this year, a photo of man who missed a whale sighting because he was looking at his mobile phone went viral after being captured on Instagram.

At the end of every day, the photographer will provide each participant with 20 of the most dynamic shots that can be shared immediately on social media for a #humblebrag.

About a month after the trip, participants will also receive an edited bank of 150 images from the vacation.

The Nicaragua trip, which has two departures in July and one in December, includes activities like morning yoga, surfing lessons, an all-day catamaran tour, excursions to local artisanal markets and a visit to a cigar factory.

Last year, the W Hotel chain offered a service that was also aimed at freeing clients from the constraints of social media.

But at $3,000, the Social Media Wedding Concierge service, which involved hiring a community manager for a couple's wedding, had critics calling the program a step too far in narcissism.

The digital concierge is tasked with live-tweeting the wedding and posting Facebook updates and Instagram photos throughout the nuptials.

The El Camino Travel tours to Nicaragua cost $1,650 to $1,850 US for six days and seven nights, not including airfare. AFP

Put down the selfie stick and let someone else do the clicking. AFP

Music Key CONTRIBUTED

STREAMING MUSIC

YouTube ad-free service not online until September

YouTube's Music Key service has been pushed back once again as the heads of the project have announced that the current beta version will live on through the summer.

Music Key grants unlimited, commercial-free access to music videos in association with Google Play Music, both online and off. The service will require membership, like Spotify and Deezer, but is as of yet available only to a few lucky beta testers until at least Sept. 15, time for YouTube to fine-tune its offer.

Premium membership is expected to go for $9.99/month. AFP

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The Swedes are the Heroes of Eurovision

AWARDS

Nation has a long history of pop music supremacy

Mans Zelmerlow made his victorious return to Sweden on Sunday after winning the Eurovision Song Contest for his club anthem Heroes. JESSICA GOW/AFP/GETTY IMAGES

Hundreds of elated fans welcomed Eurovision Song Contest winner Mans Zelmerlow upon his return Sunday to Sweden, a mini-superpower in the world of pop music and six-time champion of the glitzy song fest.

Sleep-deprived and smiling, the 28-year-old singer-TV host arrived at Stockholm's Arlanda Airport draped in a Swedish flag and waving the Eurovision trophy.

"I've longed for this moment for 10 years, and now here it is," said Zelmerlow, who won the contest Saturday in Vienna with the thumping club anthem Heroes.

With two victories and two third places in the last five years, Sweden seems to have cracked the code of the competition, where voters across Europe pick the winner among entries representing various musical styles and traditions.

Five other entries in this year's contest had Swedish songwriters or choreographers, including runner-up Russia. In 2011, Azerbaijan won the competition with a song written by Swedes.

"Among Swedes, (Eurovision) is the biggest thing next to the World Cup," Swedish radio host Tara Moshizi told national broadcaster SVT.

The only country with more Eurovision wins is Ireland, with seven. Part of Sweden's Eurovision success can be traced to its long record of making pop music with a mass appeal worldwide.

ABBA — which won Sweden's first Eurovision title in 1974 — Roxette, Ace of Base, the Cardigans, Robyn and the Swedish House Mafia are just some of the country's chart-topping exports.

In addition, Swedish songwriters and producers have helped shape the sound of international stars like Britney Spears, Backstreet Boys, Katie Perry and Lady Gaga.

However, winning Eurovision doesn't necessarily lead to sustained international stardom. Many winners are one-hit wonders who fail to break out of the Eurovision bubble — exceptions include ABBA and Celine Dion, the Canadian who competed and won for Switzerland in 1988.

THE ASSOCIATED PRESS

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Recovering from workplace errors

ETIQUETTE

Own up to your blunders to keep the trust of colleagues

OFFICE RELATIONS

Eleni Deacon

Don't problem-solve alone if your error affects others. ISTOCK

Even the most diligent double-checkers inevitably make mistakes at work. Whether it's an easy-to-fix slip or a more complicated bungle, owning up to missteps can be both embarrassing and frightening. But while it's tempting to pretend the flub never happened, the way you handle your mistake will have a significant impact on its consequences — both for your organization and for yourself.

As soon as you notice the gaffe, press pause on how you react. Although it's important to move swiftly, panicked confessions will make your mistake — and you — seem sloppy. Before gushing apologies to every manager, team member and intern within earshot, quickly assess the costs of your fault and make a preliminary plan for its rectification. Don't initiate solo damage control unless you are positive your solution won't further disrupt your company's workflow. Worse than making one mistake: bandaging it with another mistake.

When 'fessing up, own up. Visit your superior in-person and provide a clear, composed breakdown of what happened. Apologize, once, then focus on mending your wrong. This is not the time to spew a blame-shifting story about how Roger in Sales gave you the wrong numbers.

Accepting accountability when things go wrong is just as important as doing things right. It's unavoidable that certain mistakes, especially those that cost money or big chunks of time, can bruise the trust between you and your boss. But providing an honest and thoughtful explanation demonstrates that you still deserve their confidence in you.

Once you've explained what went wrong, tackle why it happened. Is your mess-up a rare smudge on an otherwise blemish-free track record? Nobody gets through their career without tripping from time to time. But if you're regularly cleaning up your own spills, it might be time to address the cause. Whether it's lack of motivation, carelessness or a need for more guidance, investigating (and addressing) the root of your goofs will help pre-empt further oversights.

When you make a mistake at work, it can feel like a reputation killer. But in reality, few mistakes will be so severe as to drastically change your professional standing. Manage your mistakes proactively and your lapse will be quickly forgotten. What won't be forgotten: your smooth response to an uncomfortable situation.

PSYCHOLOGY

Masking your true colours could be a moral issue: Study

The drive to be true to ourselves, a concept that encompasses individual values and emotional tendencies, could be so ingrained in Western culture that disguising them makes us feel immoral, according to a new study published in the journal Psychological Science.

Examples include faking enthusiasm for something we have no desire to do or trying to make friends in a group whose values differ from our own — acts that could produce feelings of moral distress in the individual.

Such feelings of impurity leave us in a cloud of guilt that inspires us to cleanse our souls through charitable acts, says the research team that hails from three top-ranked Masters of Business Administration (MBA) programs in the U.S.

Pretending to be someone you're not can cause feelings of guilt, moral distress. ISTOCK

The researchers even suggest the psychological consequences of acting out an inauthentic version of oneself could be compared with those of behaviours such as lying and cheating.

These acts are each a violation of being true, whether to others — in the cases of lying and cheating — or to oneself, in the case of inauthenticity.

What's more, they could promote the urge for physical cleansing, according to the researchers.

Data was collected from participants' writings in which they described a time they felt inauthentic, reporting lower moral self-regard and rated themselves as less generous and co-operative. AFP

CONTRIBUTED

Put the squeeze on high blood pressure

Research shows isometric handgrip works

High blood pressure affects millions of Canadians, and despite the risk for serious health problems like heart attack and stroke, about one in three don't have their blood pressure under control.

Nineteen out of 20 Canadians will develop it in their lifetime, but getting blood pressure under control can be difficult.

Exercise has long been recommended to reduce blood pressure; today, an emerging area of focus involves something called isometric exercise.

Unlike aerobic exercise, which requires movement, isometric exercise is done when a person contracts their muscles without moving a body part. Research has zeroed in one form, called isometric handgrip therapy, which involves tensing the hand muscles. Isometric handgrip therapy has been shown to be particularly powerful, reducing systolic and diastolic blood pressure by 10 per cent after six to eight weeks in research studies.

"Research shows that isometric handgrip therapy works for many people if it is done right, which means talking to your doctor before beginning and then following a program that sets out the intensity level and frequency," says Dr. Philip Millar, PhD, Assistant Professor at the University of Guelph, who specializes in clinical cardiovascular physiology and has studied isometric handgrip therapy. "Like aerobic exercise, this kind of therapy needs to be guided and progress monitored because people can easily overdo it, or do it and have no impact at all. Simply squeezing something at an unknown intensity level is not a safe or effective approach."

A new device called the Zona Plus uses innovative technology to help put the benefits of isometric handgrip therapy within reach, Handheld and shaped like a joystick, it has a computerized screen that guides patients with screen prompts through a personalized isometric handgrip therapy routine that takes 12 minutes per day, five days per week.

Sold with a money-back guarantee, the device's programs are tailored to each individual's unique physiology, and it tracks progress over time.

Jay Dirkx was diagnosed with hypertension seven years ago. Lifestyle changes and medications helped but he still struggled with control.

"I started using the Zona Plus for my handgrip therapy routine a few years ago," said Mr. Dirkx. "Adding this kind of exercise has made such a difference. The device is easy to use and gives me reassurance that I'm making progress; the fact that I can use it any time and anywhere makes it pretty convenient too."

More information about Zona Plus is available at ZonaHealth.ca, or by calling 1-866-789-9662.

How tech is changing health care

DIGITAL TOOLS

GPS shoes, phone-based communication reshaping the landscape

Danelle Cloutier
For Metro

The trend to integrate more technology into the health-care system is encouraging organizations to create more jobs in the field. SHUTTERSTOCK

GPS shoes that track the whereabouts of the wearer is just one of many new technologies that is impacting the jobs of health-care professionals.

Trackable shoes could be especially useful to nursing homes, not only to help find lost patients, but because they can relay key information about a home's programs and services.

Dan Levitt, the executive director of Tabor Village in Abbotsford, B.C., said the footwear could help indicate that seniors without dementia who wander away from assisted living facilities like Tabor aren't having their needs met.

"Someone that might have been a walker or runner or liked to adventure outside of their house every day, that need never dissipates," he said. "It's up to us to find ways of encouraging seniors to leave their residences."

He said GPS shoes would come in handy to count the number of times a senior leaves the facility other than to go to a doctor's appointment. If seniors leave often, that could indicate that the care home needs more outings and activities that take residents beyond the walls of the nursing home.

The tracking on GPS shoes is real-time, adding them to the long list of gadgets that allow us to access data instantly. The ability to quickly share content with people across the world has transformed health care across the world. For example, in 2014, during the Ebola outbreak, a mobile phone-based communications system called mHero allowed front-line workers to track the deadly disease.

New innovations like the shoes and communications system are encouraging organizations to create more jobs in the field. In the past year and a half, the Canadian Agency for Drugs and Technologies in Health (CADTH) has hired two new patient engagement officers.

"Patient perspective and patient input into how technology is used in health care is vital," said Michelle Mujoomdar, assistant chief scientist at CADTH. "We've seen many new positions created in the field of patient engagement."

In the next 10 years, Levitt thinks there will be more of an emphasis on engaging groups that have been largely left out of technology, such as seniors. "Having Wi-Fi available in a nursing home or in facilities is a no-brainer," he said. "We've got to allow them to be able to do things like check their own health record."

He also suggested letting seniors schedule a bath using Outlook versus having the staff tell them when their bath is.

As the tools and target audience for health technology continue to evolve and change the way practitioners work, Geneviève Moineau, president and CEO of the Association of Faculties of Medicine of Canada, has a few words of caution.

"As health-care providers now, we have a screen in front of us," Moineau said. "As we allow technology to support us, we need to remember that the most important aspect of care is the human aspect."

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metro SPORTS
Your essential daily news

Josh Hamilton will make his Rangers reunion on Monday, four weeks after the Angels traded him

Robinson vents rage

MLS

Whitecaps coach fumes over disallowed goal at Colorado

Cam Tucker
Metro | Vancouver

The Vancouver Whitecaps are going through something of a gloomy stretch after another loss, this time to the Colorado Rapids on Saturday.

Not only did the Whitecaps lose 1-0, in a game that saw the start of the second half delayed due to inclement weather, but they felt deserving of a better outcome after some missed opportunities and a questionable decision from referee Jose Carlos Rivero to disallow what looked to be the equalizing goal for Vancouver late in the second half. When it rains, it seems to pour.

Pedro Morales buried a free kick from just outside the box, curling it over top of the wall of players in front.

But Rivero disallowed the goal and the Whitecaps eventually left Colorado with nothing.

Carl Robinson told reporters that the official explained that he "assumed" Vancouver defender Pa Modou Kah was "pushing into the wall," but Vancouver's head coach continued to say that replays on TV showed there was no contact.

"Trying to explain to the group when decisions go against them is hard when you feel it's unjustified," said Robinson.

The Whitecaps had other scoring chances, too. They just couldn't convert.

Kekuta Manneh had a crafty shot stopped in the first half. Kendall Waston, in second half stoppage time, sent a header just over the bar.

> **Trying to explain to the group when decisions go against them is hard when you feel it's unjustified.**
> Carl Robinson

The Whitecaps, coming off consecutive shutout losses, now have only two wins in their last eight games.

"You've just got to get on with it, we've got a big game next week against Salt Lake and we'll just keep going, because if we perform like that and play like that, we won't be far away," said Robinson.

Canada's Adam Hadwin and Nick Taylor walk the fairway during the final round of the Crowne Plaza Invitational at the Colonial Country Clubin Fort Worth, Texas. Both players performed well with Hadwin finishing tied for fifth. SCOTT HALLERAN/GETTY IMAGES

GOLF

Hadwin rallies late to finish fifth at Colonial

After missing the cut in his last four events, Abbotsford's Adam Hadwin responded this weekend with his best finish at a PGA Tour event in four years.

Hadwin finished the Crowne Plaza Invitational at the Colonial Country Club in Ft. Worth, Texas, tied for fifth after going 10-under par for the tournament and firing a four-under par, 66, in the final round on Sunday.

He capped off his weekend by draining a 24-foot birdie putt on the 18th hole, completing a bogey-free round.

Hadwin entered the tournament 118th in the FedEx Cup standings, but with this result, was projected to move up 26 spots into 92nd.

He finished only two shots back of the winner Chris Kirk.

Prior to this weekend, Hadwin had one top-10 finish this season on tour, but had struggled recently, missing the cut in five of his last six events.

> **26**
> **Hadwin moved up 26 spots in the FedEx Cup standings to 92nd**

His best finish at a PGA Tour event was a tie for fourth at the 2011 RBC Canadian Open in Vancouver. He also finished tied for seventh at the Frys.com Open three months later.

Friend and fellow Abbotsford golfer Nick Taylor also had a solid showing at Colonial, finishing the tournament at five-under par and tied for 27th.

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NBA PLAYOFFS

Cavs win OT squeaker

LeBron James shook off an atrocious shooting start and withstood Atlanta's gritty comeback to record a triple-double, and the Cleveland Cavaliers moved within one win of the NBA Finals by beating the Hawks 114-111 in overtime on Sunday night to take a 3-0 series lead.

James missed his first 10 shots, but finished with 37 points, 18 rebounds and 13 assists. The Cavs needed every single one of them to hold off the top-seeded Hawks, who fought Cleveland until the final seconds despite being without injured shooter Kyle Korver and losing Al Horford, who was ejected in the first half.

James hit a 3-pointer with 36.4 seconds left to put the Cavs ahead by one, and the superstar dropped a runner with 12.8 left to make it 114-111.

Atlanta had two chances to tie it in the final seconds, but Shelvin Mack missed two 3-pointers. THE ASSOCIATED PRESS

Lightning bolt ahead

NHL PLAYOFFS

Tampa Bay shuts out New York to take 3-2 series lead

Steven Stamkos set up Valtteri Filppula's go-ahead goal and scored another and the Tampa Bay Lightning pushed the New York Rangers to the brink of playoff elimination with 2-0 victory Sunday night in Game 5 of the Eastern Conference final.

Ben Bishop, who gave up 10 goals in the previous two games, had 26 saves in posting his second shutout and getting Tampa Bay within a victory of reaching the Stanley Cup final for the second time in franchise history. They won the Cup in 2004.

Tampa Bay's special teams played a major role. They killed off four power plays in clinical fashion in the opening 31 minutes of a scoreless game, limiting New York to four shots, and then Stamkos added a power-play goal after Filppula opened the scoring.

Steven Stamkos of the Lightning celebrates after scoring a goal against Rangers goaltender Henrik Lundqvist during Game 5 of the Eastern Conference final on Sunday night in New York.
BRUCE BENNETT/GETTY IMAGES

Game 6 is Tuesday night in Florida.

This isn't the first time the Rangers have been on the edge of seeing their Presidents' Trophy-winning season come to an end. They trailed the Washington Capitals 3-1 in the conference semifinals and rallied. They also overcame a 3-1 deficit last year against Pittsburgh.

This was a game the Rangers controlled early. The power plays gave them a chance to put Tampa Bay down and they failed to convert.

A little less than two minutes after the Lightning killed off a tripping penalty to Andrej Sustr, the Lightning took the lead.

Defenceman Anton Stralman sent a great bank pass up the side boards to Stamkos. He carried the puck into the Rangers' zone, found Filppula coming down the middle and the centre beat Henrik Lundqvist with a shot to the upper part of the net.

After Marc Staal picked up his second penalty of the game, the Lightning needed just over a minute to double the lead.

Nikita Kucherov sent the puck from the right circle to Ondrej Palat in the left circle. He quickly sent a cross-ice pass to Stamkos in front and the Lightning captain redirected the puck past a helpless Lundqvist.
THE ASSOCIATED PRESS

GAME 5 in New York

2	0
LIGHTNING	RANGERS

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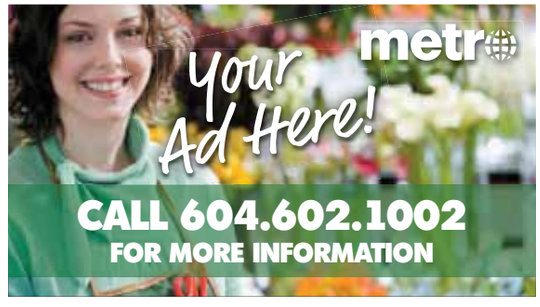

IN BRIEF

Mariners sunk
Ryan Goins and Edwin Encarnacion hit two-run homers as the Toronto Blue Jays pounded the Seattle Mariners 8-2 on Sunday.

Both men homered in the fifth inning to give Aaron Sanchez's (4-4) strong pitching all the support it needed at Rogers Centre.
THE CANADIAN PRESS

Contador extends Giro lead
Cyclist Alberto Contador extended his overall lead of the Giro d'Italia by seven seconds on Sunday after finishing third behind winner and fellow Spaniard Mikel Landa on a mountainous 15th stage.

Landa attacked on the final steep section of the climb up to the Madonna Di Campiglio ski resort to claim his first Grand Tour stage victory.
THE ASSOCIATED PRESS

Montoya captures second Indy 500 checkered flag
Juan Pablo Montoya held off Penske Racing teammate Will Power over the final two laps Sunday to win his second Indianapolis 500.

After watching Power jockey for the lead with Chip Ganassi Racing's Scott Dixon for several laps, Montoya went high into Turn 3 to take over second place, then darted right past Power on the front stretch to take the lead. He pulled away from there to win Indy-Car's showcase race.
THE ASSOCIATED PRESS

Juan Pablo Montoya
THE ASSOCIATED PRESS

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- 2 Tbsp natural peanut butter
- 2 tsp low-sodium soy sauce
- 2 tsp sesame oil
- 2 tsp rice vinegar
- 1 tsp honey
- 1 tsp sesame seeds, toasted
- 1 tsp minced garlic
- ½ tsp minced fresh ginger
- ½ tsp hot Asian chili sauce (or to taste)
- 3 Tbsp chopped fresh cilantro or parsley

Directions

1. Preheat the barbecue or a non-stick indoor grill to medium-high. If using wooden skewers, soak 4 skewers in water for 20 minutes.

2. Thread seafood on skewers.

3. Mix remaining ingredients.

4. Brush skewers with half the sauce. Spray grill with cooking oil and cook skewers, turning once, for 5 minutes or until the seafood is just cooked though.

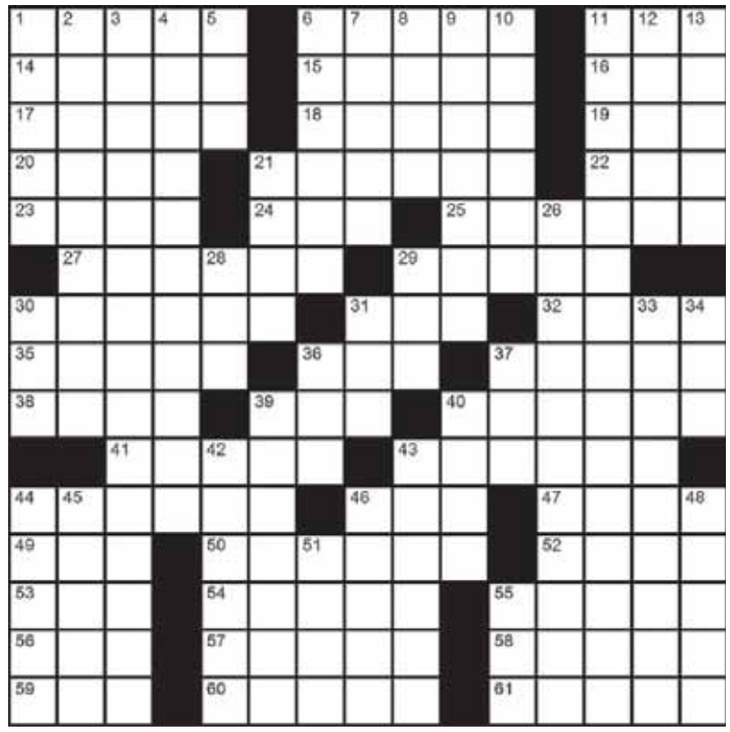
5. Serve with remaining sauce on side. Sprinkle with the cilantro and additional sesame seeds.

Nutrition per serving (recipe serves 4)
- Calories 173
- Protein 20 g
- Carbohydrates 4.4 g
- Fibre 0.8 g
- Total fat 8.4 g
- Saturated fat 1.9 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Entrepreneur/mogul, Sean '__' Combs
6. Pierces
11. School org.
14. 403 in ancient Rome
15. Principle
16. Functioned
17. Classic fabric
18. Anoint, archaically
19. Type
20. Time __ __ the essence
21. Explode: 2 wds.
22. "Kill Bill: __. 1" (2003)
23. Flower shop item
24. Literary contraction
25. Demi Moore movie in which she shaved her head: 2 wds.
27. __ International Airport, in Newfoundland
29. Ms. Jackson
30. Austrian composer, Franz __ (b.1787 - d.1863)
31. "Corner __"
32. Portions, briefly
35. Rid of certain vermin
36. Young sheep
37. Line
38. __ up (Be livelier)
39. Peach's inner
40. "Gigi" (1958) star Ms. Caron
41. Spooky
43. Retro series on Montreal-born actress Jessica Pare's resume: 2 wds.
44. Joe __ (Canadian designer who will be on the upcoming season of CBC's "Dragons' Den")
46. Long-snouted fish
47. Eye part
49. Actress Ms. Green
50. Home of Odysseus
52. Mr. Shankar
53. "__ _ ever!" (And how!)
54. Neutral shade
55. Director, Michael __
56. Prince Valiant's son
57. Mr. Woods of golf
58. Beach towel site
59. Fleur-de-__
60. Toboggans
61. Benjamin __ (Kamloops, BC born actor)

DOWN
1. Cato's 654
2. Differer's declaration: 2 wds.
3. Drumheller, Alberta: Earth's extinct extractions: 2 wds.
4. Name of the wolf-dog on "Due South"
5. Yang's counterpart
6. Less recently-baked
7. Carpentry joint, mortise and __
8. Afresh
9. Type of whales
10. Intervene: 2 wds.
11. Ride leading to a penthouse suite: 2 wds.
12. Jean-__ (Montreal metro station)
13. __-length boots
21. Root __ (A&W specialty)
26. "Damn!" or "Blimey!", Canadian-style: 2 wds.
28. P.I.
29. Series for Canadian actor David James Elliott
30. Economy stat.
31. Acquire
33. Arthurian Legend lady
34. Date
36. Connect
37. Proof-ending letters
39. Northern __ (Duck variety)
40. Ms. Spencer of "Good Morning America"
42. Bonnie of song, and surnamesakes
43. Bearers of ceremonial staffs
44. Soldier's honour
45. Off-white
46. Gawked
48. Army assistants
51. Massive
55. Sly __ _ fox

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Make things easy for yourself and learn from other people's mistakes. You can do your own thing in your own way if you wish but wouldn't it be better to tread in the footsteps of those who have been there?

Taurus April 21 - May 21
You will have to work closely with people you would probably prefer to avoid over the next 24 hours. But don't worry, it won't be too much of an ordeal and come this time tomorrow you'll be saying your good-byes.

Gemini May 22 - June 21
You have a huge sense of optimism and self-belief but it does not mean you will be free of the consequences of your actions. Think before you act over the next 24 hours — it could save you a lot of trouble.

Cancer June 22 - July 23
You don't feel under so much pressure and can spend more time with those you love. For too long you have kept your feelings under wraps — now it's time to show them off.

Leo July 24 - Aug. 23
You seem to believe that there is no longer any danger, that your critics and rivals have all been dealt with and no longer pose a threat. Maybe you're right, but can you be sure?

Virgo Aug. 24 - Sept. 23
The plans you make over the next few days may have to be revised in the light of new information come next weekend, so don't make them too binding. Remember: there is a world of difference between creative thinking and wishful thinking.

Libra Sept. 24 - Oct. 23
You may have strayed a little off course of late but don't worry about it. What happens today will point you in the right direction and make you realize that you are really not that far away from where you should be.

Scorpio Oct. 24 - Nov. 22
Be careful what you ask for over the next 24 hours because, having got it, you may decide that you don't want it after all. Not only will that be embarrassing but you may have to pay someone to come and take it away!

Sagittarius Nov. 23 - Dec. 21
Focus on the one or two things that really matter and let everything else look after itself. Like all Sags you are easily distracted but you can and you must concentrate on what is important today.

Capricorn Dec. 22 - Jan. 20
Whatever you are working on now you must make a good job of it. If you try to get away with less than perfect work you will most likely have to go back and do it all again later.

Aquarius Jan. 21 - Feb. 19
It will pay you to keep a low profile today. Nothing bad is likely to happen if you stick your head above the parapet. but calling attention to yourself could result in extra chores you really don't want to do.

Pisces Feb. 20 - March 20
You may have nothing to hide but that does not give friends and family members the right to probe into your private affairs. Anyone who tries to do so today must be told in no uncertain terms to mind their own business.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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6							5	1
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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). ^ Offer valid from May 26, 2015 to June 1, 2015 (the "Offer Period") to qualified retail customers, on approved credit (OAC) from Ford Credit. Eligible customers will receive $500 towards the purchase finance of a new 2015 [Focus (excluding S), Fiesta (excluding S), C-MAX, Fusion, Mustang (excluding 50th Anniversary, Shelby GT350), Taurus, Edge, Flex, Expedition, Transit Connect, Transit, E-Series Cutaway, Transit Van/Wagon/Cutaway/Chassis Cab and F-250 to F-550 models], and $750 towards the purchase finance of a new 2015 [Escape and F-150 models] (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase finance of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is raincheckable.* Until June 30, 2015, receive 0% APR purchase financing on new 2014 Edge and 2015 Mustang (excluding 50th Anniversary, Shelby GT350), Flex and Escape models for up to 60 months, and 2015 Focus, Fiesta, Fusion, Taurus and F-250 to F-450 (excluding Chassis Cabs) models for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $25,000 purchase financed at 0% APR for 36/60/72 months, monthly payment is $694.44/$416.66/$347.22, cost of borrowing is $0 or APR of 0%, and total to be repaid is $25,000. Down payment on purchase financing offers may be required based on approved credit from Ford Credit.** Until June 30, 2015, lease a new 2015 F-150 (excluding Regular Cab XL 4x2 Value Leader) or Fusion for up to 24 months, 2014/2015 Edge or 2015 Flex for up to 36 months, 2015 Focus, Taurus, or Escape for up to 48 months, and get 0% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease a model with a value of $30,000 at 0% APR for up to 24/36/48 months with an optional buyout of $15,600/$13,200/$10,800 and $0 down or equivalent trade in, monthly payment is $600.00/$466.67/$400.00, total lease obligation is $14,400.24/$16,800.12/$19,200.00, interest cost of leasing is $0 or 0% APR. Additional payments required for PPSA (RDPRM for Quebec), registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Some conditions and mileage restrictions apply. Excess kilometrage charges are 12¢ per km for Fiesta, Focus, C-MAX, Fusion and Escape; 16¢ per km for E-Series, Mustang, Taurus, Taurus-X, Edge, Flex, Explorer, F-Series, MKS, MKX, MKZ, MKT and Transit Connect; 20¢ per km for Expedition and Navigator, plus applicable taxes. Excess Kilometrage charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. ± Program in effect from May 1, 2015 to June 30, 2015 (the "Program Period"). To qualify, customer must recycle their vehicle through a Ford dealership by turning in a 2008 model year or older vehicle that is in running condition (able to start and move and without missing parts) and has been properly registered/plated or insured for the last 3 months (the "Criteria"). Eligible customers will receive $1,000 towards 2014/2015 Edge, Flex and 2015 Fusion, Fusion Hybrid, Fusion Energi, Mustang (excluding 50th Anniversary, Shelby GT350), Explorer, Escape and Expedition, $2,000 towards 2015 Taurus, Transit Connect, E-Series Cutaway, Transit Van, Transit Wagon, Transit Cutaway, F-150 (excluding XL 4x2), and $2,500 towards 2014 F-150 (excluding Raptor) and 2015 F-250 to F-550 (each an "Eligible Vehicle"). Vehicles of 2014 model year may qualify for the offer depending on available inventory – see dealer for details. Taxes payable before incentive amount is deducted. To qualify: (i) customer must, at the time of the Eligible Vehicle sale, demonstrate to the dealer / provide the dealer with sufficient proof of Criteria and a signed original ownership transferring his/her vehicle to the authorized recycler; and (ii) the Eligible Vehicle must be purchased, leased, or factory ordered during the Program Period. Limit one (1) incentive per Eligible Vehicle sale, up to a maximum of two (2) separate Eligible Vehicle sales if valid proof is provided that the customer has 2 separate qualifying recycled vehicles. Offer is transferable only to persons domiciled with the owner of the recycled vehicle. Offer is transferable only to persons domiciled with the owner of the recycled vehicle. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). 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